

"**STEAMED PUDDING** (no eggs or butter).—One cupful suet, chopped fine; one cupful molasses, one-half cupful sugar; one cupful sweet milk, three and one-half cupfuls flour, one cupful raisins, one teaspoonful cinnamon, one-half teaspoonful cloves, pinch salt, and one teaspoonful soda; steam three and one-half hours.

"I hope these help others as they have,

**SUNDAY.**  
**BREAKFAST.**  
 Grape fruit, Cereal and cream.  
 Deviled kidneys.  
 Quick soufflé.  
 Tea, Coffee.  
**LUNCHEON.**  
 Jellied ham loaf. Baked sweet potatoes.  
 Tatin bread and butter.  
 Apple snow cookies.  
 Tea.  
**DINNER.**  
 Mutton breast with barley. Potato puffs.  
 Creamed oyster plant.  
 Tapioca-matard.  
 Cake.  
 Coffee.  
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**MONDAY.**  
**BREAKFAST.**  
 Oranges. Cracked wheat and cream.  
 Bacon. Dropped eggs. Toast.  
 Tea and Coffee.  
**LUNCHEON.**  
 Cold chicken. Fried hamlet.  
 Quick hamlet.  
 Tea.  
**DINNER.**  
 Chicken rack soup.  
 Hamburg steak with fried mushrooms.  
 Creamed spinach.  
 Coffee.  
**TUESDAY.**  
**BREAKFAST.**  
 Oranges. Cereal and cream.  
 Fried apple and bacon. French milk. Toast.  
 Tea and coffee.  
**LUNCHEON.**  
 Spanish soufflé (a left over).  
 Deep cake puffs.  
 Apple sauce and cream. Cookies.  
 Tea.  
**DINNER.**  
 Oysters on half shell.  
 Roast dinner with corned beef, the vegetables  
 and left hand pieces arranged around  
 the border of the dish.  
 Creamed horseradish sauce.  
 Chabnet pudding.  
 Coffee.  
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**WEDNESDAY.**  
**BREAKFAST.**  
 Baked apples. Cereal and cream.  
 Fried scrapple. Whole wheat blanchet.  
 Toast.  
 Tea and coffee.  
**LUNCHEON.**  
 Glacé juice in cups with whipped cream on top.  
 Cold corn beef with horseradish sauce (a left  
 over).  
 Fried potatoes.  
 Graham sandwiches with peanut butter.  
 Crackers. Cheese.  
 Tea.  
**DINNER.**  
 Light pea soup with foundation of flower in  
 which corn beef was boiled.  
 Pork sandwiches with apple sauce.  
 Glazed sweet potatoes. Lady cakelets.  
 Jam paly-pot.  
 Coffee.  
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**THURSDAY.**  
**BREAKFAST.**  
 Oranges. Cereal and cream.  
 Fried beef and cream. Graham gems.  
 Toast. Tea and coffee.  
**LUNCHEON.**  
 Cold beef hash (a left over). Potatoes.  
 Quick Mincelet. German fried potatoes.  
 Bread and butter pudding.  
 Coffee.  
**DINNER.**  
 Tea and tomato soup (a left over).  
 Roast lamb with mint sauce.  
 Browned potatoes. Green peas (canned).  
 Sweet pudding.  
 Coffee.  
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**FRIDAY.**  
**BREAKFAST.**  
 Oranges. Cereal and cream.  
 Bacon and boiled eggs. Toast.  
 Tea and Coffee.  
**LUNCHEON.**  
 Fried butter fish. Baked potatoes.  
 Tea soufflé (a left over).  
 Cream cheese and Boston brown bread  
 sandwiches.  
 Cake. Tea.  
**DINNER.**  
 Cream of potato soup.  
 Baked halibut. Boiled onions with white sauce.  
 Potatoes mashed and browned.  
 Custard pie.  
 Coffee.  
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**SATURDAY.**  
**BREAKFAST.**  
 Apple sauce. Cereal and cream.  
 Fried mush and ham. Toast.  
 Tea and coffee.  
**LUNCHEON.**  
 Creamed halibut baked in nappies (a left over).  
 Oyster soufflé (a left over).  
 Potato cakes (a left over).  
 Lemon torte.  
 Cheese.  
**DINNER.**  
 Roast beef.  
 Mashed liver.  
 Mashed potatoes.  
 String beans.  
 Chocolate snow pudding.